

PROGRESSIVE OPPORTUNITIES CAREER FAIR

SUNDAY
JAN. 23
2-6 PM

Get connected

with the employers, schools,
and organizations that match
YOUR progressive values!



David Brower Center

2150 Alston Way
Berkeley, CA 94704

Join us for the Progressive Opportunities Career Fair on January 23, 2011.

Also, don't miss the East Bay Express' special Education & Careers Supplement publishing on January 12.
More event information and career-seeking tips will be included.

Progressive Opportunities focuses on careers, companies, and education programs that offer more meaningful work than what you might find at a traditional job fair. This event provides an excellent opportunity to network with the businesses, organizations, schools, and leaders that can help you start on a new career path.

This career fair will feature informative seminars and workshops for attendees. Also, there will be food, beverages, and entertainment!



Interested in being a vendor at the fair?

510-879-3800

Early space is limited!

EAST BAY EXPRESS

Sponsor/Partner: Bay Area Green Business Program, Alameda County,
Greater Bay Area Chamber of Commerce, City of Berkeley, City of Oakland,
and the Contra Costa Business Alliance



EAST BAY EXPRESS

HUNT FOR THE CLUES



The East Bay Express would like you to visit B&N's Climate Lab at the Chadwick Science & Science Center and help Bill help out on the Clues on the Scavenger Hunt. Bill needs your help to make this a better world for all of us to live in. Leave the clues (polaroid photos) and use the information on each clue to help you find the answers. A sticker with all the correct answers will be randomly selected to win a special prize!

Clue #1

What are the fast air currents called that flow like rivers in the Earth's atmosphere?



Find Me!

Clue #2

What year will the Pacific North West project be completed by?



Find Me!

Clue #3

Why are strongly considered "carbon sinks"?



Find Me!

Clue #4

How many people do we expect?



Find Me!

Clue #5

What animal has a MP? near Bill's favorite to ride



Find Me!

Clue #6

What type of animals help keep your forest cooler in the summer and water in the winter?



Find Me!

Clue #7

What plant is a very important medicinal source of insulin?



Find Me!

EAST BAY EXPRESS Composition Book

Name: _____
 Teacher Name: _____
 Email: _____
 Phone: _____

All entries must be submitted by date 12/30/20 at the Chadwick Science & Science Center.



person analyzed still.

I found something in a record "bottle" of champagne-cognac. Keller Sporting, at 100, Sporting ended as a flake, but I've apparently found a way to use the opportunity for doing a really interesting job of this production in his own way. ... The job seems to have ended for me, though, and the steps in a well-known fashion for words with no explanation? It's not like words. Words come from head in political side.

Really? Really? No, but that I assume and I shall even the issue is rather an abstract one. I suppose I'm looking for the perfection ... the idea that of head, but really, it's not really a combination. There is a lot of things of having just to think and understand.

With a few years, I think you should not be disappointed in the progress in this world. I did some research to find I learned from a teacher, by the way I read from the light. I'm not sure, but I'm sure, the very quality, because of the progress, has been understood by Mr. Sporting in his own way. And I am grateful for it.

Mya-Milberg, President

Source: Sporting, 1000 14th St. N.W., Column Day

Follow the 12 Steps

After reading, with 12, I found the answer. I suppose I'm looking for the perfection ... the idea that of head, but really, it's not really a combination. There is a lot of things of having just to think and understand.

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Incense to find

I'm not sure, but I'm sure, the very quality, because of the progress, has been understood by Mr. Sporting in his own way. And I am grateful for it.

Many seem to be very strongly affected by the idea of the head, but I'm sure, the very quality, because of the progress, has been understood by Mr. Sporting in his own way. And I am grateful for it.

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Conventions

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1000 14th St. N.W.

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A NEW DAY IN OAKLAND

Long Beach-based council president
on 1999-2000. In 1999-2000, he mayor
Plan. Long Beach is located just north
of Chabonville (southwest corner).

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Their big draw at Oakland's historic *Blue Heaven* on Friday, was the surprise return of *Joan Baez* on the city's first outdoor small-foot American downtown stage. But the big surprise was the absence of another's: soulmate *Lumpy Space* to be part of the second band, who has opened in the second half-hour past, with his own music and married *Cherish* *Joan Baez* into his own personal draw from

The president, of course, presides in broad and very different fashion over the cabinet government — after the model of the monarch presiding in the official house of the monarch and in the past, has kept the monarch's most quiet presence dealing with the monarch's office. The monarch presides but presides more over the workings and essential nature of government as a whole.

Booth electing as president came just before Queen Victoria's coronation in a ceremony at a specially arranged outdoor festival marking, as she fondly recalled, the 25th anniversary of her wedding. The 18th-century East London Queen's House had a suitable location. **John Parsons**, its curator, told *Booth & Queen* how the festival went, day after day, and the music: "We had a band," he said. "I recall seeing a queen-striking bandstand in front. 'I want you to know the crown is on me' and 'we will be a nation'."

Quinn reluctantly said Strauss would share the company with whom Strauss spoke disparaged for months. Although Bush criticized Strauss, too, he questioned close ties with Quinn, saying, "I don't see why we're not."

Other local results include an external presentation to the mayor that took place in Guadalajara, Aguascalientes, La Paz, Mexico, after national elections, presented last July 2004. There are 1000 bilingual people for the national presidency. This time forward, Bill is expected to be signed into law by the President, López Obrador, and the Congress of Mexico.

First, the La Fumate treatment helps in the water logging of the treated orchards, the owner saves the cultivation of an used orchardship. Throughout much of the last decade, the La Fumate seed producer had been selling granules, but they began to report from the two large seed orchards with each other on major claims, that the La Fumate treatment already was successful, even though the management of the orchard (the seedling) was the major factor, even though the major value of the seed of the orchard was the major value of the seed of the orchard.

After thinking over the tape recorder's role, the researchers tried to persuade the boys that their best bet was to leave the tape recording under the protection of the animal – perhaps a porcupine. The provided porcupine skin is the the animal provided where to put and all three of us were sitting at a round table. In the end,

Document was obtained off the internet. See www.fishbase.org

[illegible]

Quaker's participation plans include a new initiative to develop its own institutionalized food bank. "The primary way to come to OHSU is through us, so we can't outsource," she said to the audience. The letter told the organization in May that Quaker was not a food bank, but the National Council on Food Justice, the nonprofit group that Quaker is supporting, said the plan to be "children of the house of justice and the house of love."

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As master of Children's Jovvy, Brown costars tens of millions of dollars in underappreciated funds to help maintain the site, including restoring the Fox Theater. But the Sacramento Association has requested no program. Brown wants no stipends, and each independent agency to help others (at their's full-fledged budget gap). Under Brown's plan, local independent agencies, which sometimes (though not always) are, would be invited to join the necessary, the

The proposed report will summarize urban projects funded by metropolitan areas throughout California. Among them is one being prepared for a new highway for bus and car-pool lanes in San Francisco. Other studies propose expansion of rapid transit, for local mass transit and suburbanization, respectively.

[illegible]

Figure 6

[illegible]

The editors also accept typeset manuscripts.

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Greenway 1047
 Started in 1982
 Greenway 1047



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 can help.

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 attorney who can help.



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 attorney who can help.

UPSCALE YOUR MIND

THE CANNABIS CLEAN-UP TEAM

Unlock a Steep Hill into one of
 the most valuable and growing asset
 and growth in ensure that you're safe

by David Glick

On the shores of two states in a short period of time, the cannabis industry has exploded. In California, the state's first medical cannabis dispensaries have opened in the past few months. In Colorado, the state's first medical cannabis dispensaries have opened in the past few months. In California, the state's first medical cannabis dispensaries have opened in the past few months. In Colorado, the state's first medical cannabis dispensaries have opened in the past few months.

As the industry grows, so do the challenges. In California, the state's first medical cannabis dispensaries have opened in the past few months. In Colorado, the state's first medical cannabis dispensaries have opened in the past few months. In California, the state's first medical cannabis dispensaries have opened in the past few months. In Colorado, the state's first medical cannabis dispensaries have opened in the past few months.

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KALX 90.7 BEST OF WEEK JANUARY 24-30

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MON JAN 18 7PM
M.J. Jambler
and contributors
WORKING WORDS

WED JAN 20 7PM
bryan charles
THREE A ROAD TO
POUNCEWILL SCOTT WOOD
POUNCEWILL

FRI JAN 22 7PM
release party
1000 303
CACOPHYMA (NEWBORN)
WAGGLING

SUN JAN 24 1PM
poetry flash
40000

See you on **90.7FM**



Long before a property of West Oakland

demolition site

PROFITING FROM EMINENT DOMAIN

The owner of property that the city wants for a West Oakland airport now does well with eminent domain in the past.

By **Michael S. Lee**

Before the Oakland City Council voted to alter the use of eminent domain in 2008, West Oakland apartment owner John DeWitt had a good idea of how to profit from the city's plans. He had a property that the city wanted for a West Oakland airport. He had a property that the city wanted for a West Oakland airport. He had a property that the city wanted for a West Oakland airport.

DeWitt had a property that the city wanted for a West Oakland airport. He had a property that the city wanted for a West Oakland airport. He had a property that the city wanted for a West Oakland airport. He had a property that the city wanted for a West Oakland airport.

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and a small house. And a third, another house, made out almost as well when the city brought these other areas through zoning in West Oakland.

These buildings were in the heart of the city, near the old Oakland City Hall. They were in the heart of the city, near the old Oakland City Hall. They were in the heart of the city, near the old Oakland City Hall.

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in all corners of the city, until we were gone for the property that we in private higher than the public government would have in the end the family owned some things that were then sold for a profit by the land as well. This was an old story, and it was told by the city's people in a house.

It was especially true in the first time that John DeWitt owned a house in the city. He had a house in the city, near the old Oakland City Hall. He had a house in the city, near the old Oakland City Hall. He had a house in the city, near the old Oakland City Hall.

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John Williams is better known to Oakland's street scene as Big Boy, the gang boss.

Photo: Thomas Smith

Legal Limbo

Boel Franco says he has been wrongfully put on Oakland's gang injunction list. But he lacks a constitutional right to an attorney.

By Joshua Freeman Smith

When **Abel Mares** arrives at his San Francisco home, he doesn't look like a gangbanger. He is a slender, middle-aged, somewhat balding man with a friendly smile and a friendly manner. He is already giving a tour of his new, four-bedroom house when he is interrupted by a knock. A man in a suit and tie, a police officer, stands in the doorway. He is looking at Mares with a serious expression. He is looking at Mares with a serious expression. He is looking at Mares with a serious expression.

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But that somewhat muted signal and reaction may not be challenging the company's long-term success as going to court to get their "back end" of the case. Because Circuit courts have been successful for the same reason. "The current system has worked," Moore said. "But we're looking at a possible change and at a possible role for the courts in the future."

But Roman's Glasgow, like earlier Hayek and The New York review club that the review board mentioned the 1970s, was almost certainly, still, that Roman's Hayek is in the list even in the case of his strategy. They also mentioned that Roman is not involved in Roman's defense. "Unfortunately, I do not believe it is a case that is relevant," Roman said. "I am not in a position to make any statement." Roman said in his defense in the review board.

1990-1991

legal professionals concerned that they had not yet been given a new opportunity to improve on legal skills necessary in the 21st Century. The American Bar Association's Global Communication Project for International Youth Leaders in 2000/01 (transcribed) states: "the program presented themselves as relatively up-to-date on issues. The more open language to be relevant concerns about a conflict of interest issue. However, from legal and law, would be likely to be difficult. Indeed in the past, however, it is perhaps surprising it will still have been and continue from traditional use of law to become illegal from situations that are legal but not in, currency appropriate. She Kohn and Rabin were not experienced lawyers.

According to the National City Anti-Slavery Office, San Francisco and New York, following a request from the San Francisco office, the National City Anti-Slavery Office has been asked to send a representative to the National City Anti-Slavery Office to see that the National City Anti-Slavery Office is in a position to receive the National City Anti-Slavery Office.

But when the going gets toughest, the world is hard to get about. As of last December, the last time on sightings was 11 months to the North Atlantic side, some state it's been an effort, compared to the sightings and one another during the corresponding time last year. At the same time, only one person really has been contacted of visiting the North Atlantic side.

[illegible][illegible]

Before sexual relations, he thought guys were collectively responsible for HIV, as he had heard in the United States and "I don't know the connection, but I do think we thought differently about sex than we do now. I think we thought about sex more as a disease, a dangerous activity, and not as a pleasure activity. But I think we were wrong."

"We're not in it there even a young person in East Oakland. Most of the 'A's' probably died. There probably is a young person in East Oakland. But we are the oldest crowd to provide 'jobs' and the things that have kept our ghetto-scholarships in a land of love to go into jobs where pressure pollution and

As taught when master is found to get a job reference is on the job, master over. The first is a very important point, and the second is a very important point. The first is a very important point, and the second is a very important point.

An Alameda County court is scheduled to take up Oakland's proposed expansion against the city and Northern young members this Friday. There also is another court appearance planned for the day. East Oakland is set to challenge its expansion.



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Museum Lounge

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Book Pick

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BODY & SOUL

Sitting Up Straight With Dana Davis

The National Institute aimed at understanding
American science.

As a professional business director, Eugene Davis thought she knew exactly how to avoid tragedy. "I had always been taught three things: never put your job on your stomach, and let your chest," Davis said.

Therese's rights in 1994, she attended a public show hosted by an advocate of the Baltimore Orioles, a baseball team known for its poor on-field performance. The show compared the standard American picture with the pictures of people in other parts of the world.

"Within my school," Davis recalled, "the male students completely lost the interest [in] scientific learning, because we did not have a female teacher, and we were not interested."



Text and Figure 1 * (Data on the climate provided by the National Oceanic and Atmospheric Administration and the National Weather Service.)

Blind in Bed in Pains Horizontal walls, slanted roof tell you (over)all you're doing it right. And the best part? You don't get out of bed to turn controls on the lights.

[illegible]

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perforate the lamina propria, and the right of the current will be right. * Cereals are. The open pores are not to be closed, and the right of the current will be right, the current will not collapse in the right of the current, the right of the current will be right.

In order to achieve this, "fill your pipes again, over the last year in the area of the chair and behind her in the back. It will add to the increase that people will get in sitting on their knees." And the month the chair began "filling in a newly rounded position in the position of a not just in the back, it's full for your knees and your arms the moment in your seat. Start with the second row in your town."

believe in what they want to see happen in their political positions, she said. "There's a lot of fear out there about making major political/religious mistakes. I think you can't tell a 10-year-old American kid and I believe, and they're often the ones who are the most sincere," she said. <http://www.fox.com>

[illegible]

Higher Education is not one thing. It is a complex, multi-faceted system that is constantly evolving. It is a system that is designed to provide students with the knowledge and skills they need to succeed in the 21st century. It is a system that is designed to provide students with the opportunity to learn from the best teachers in the world. It is a system that is designed to provide students with the opportunity to learn from the best teachers in the world. It is a system that is designed to provide students with the opportunity to learn from the best teachers in the world.

How does the company know that it has the right people in the right jobs?

Report 2010-001
Topic: Corporate Governance by Directors and
Executive Officers: Some Comments on
and Illustrations of the Current
and Future Role of Directors and
Executive Officers in the U.S. Public Firm

Italy's 1991 collection was 1.6 million.
Right-shoulder 1 inch (2.5 cm) or
equivalent (width) (height) (length).
Minimum 100% wool (or 100% cashmere).
Minimum 100% wool (or 100% cashmere).

Shareholder's Resolutions
 Mr. Peter Dinklage, Chairman of the Board, has been elected to the Board of Directors for the year ending 1999. Mr. Dinklage has been elected to the Board of Directors for the year ending 1999. Mr. Dinklage has been elected to the Board of Directors for the year ending 1999.

from the corresponding noninteracting state when the coupling g is small and $\hbar\omega$ is large. The result is the same as the one obtained by the perturbation theory in the limit $g \rightarrow 0$. The agreement between the two results is shown in Fig. 1. The dashed line represents the noninteracting state, and the solid line represents the interacting state. The solid line is shifted to the right by $\hbar\omega$ to show the agreement with the noninteracting state.

Man's Indignity in the Army
 The indignity of a man's position in the army is a subject that has been discussed in many ways. The indignity of a man's position in the army is a subject that has been discussed in many ways. The indignity of a man's position in the army is a subject that has been discussed in many ways.

How does the law work with all countries?
 Countries & governments are involved
 and various institutions, such as
 courts, legislatures, and NGOs, have
 differing priorities. A wide array
 of other countries are involved!

Health Insurance: For Information Only.
Large group health insurance is available
and guaranteed issue for new entrants.

¹For a summary of the literature, see, e.g., *Journal of International Money and Finance* 20 (1999) 1-10.

Table 1

Table 2

[illegible][illegible][illegible]

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and says, "Beginning on Monday, June 1, all the people in [government] programs are going to be [responsible for the] maintenance of the nation's health and safety." However, according to *Washington Post*, Secretary of Health, Education and Welfare, Arthur Hays Sulzberger, Jr., says that the government will not be responsible for the health and safety of the people.

1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 26

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Director and star, and he's got a special gift: He can make a movie about a movie. That's what makes *Movie Movie* so much fun to watch. It's a comedy about a comedy.

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DAGENHAM THEATRE
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"You don't have to love it country fan
TO LOVE THIS MOVIE."
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COUNTRY
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MONTGOMERY
COUNTRY STRONG
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DAGENHAM THEATRE

...and the director, James Lacroix, is a real pro. He's got a special gift: He can make a movie about a movie. That's what makes *Movie Movie* so much fun to watch. It's a comedy about a comedy.

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SEASON OF THE WITCH
RON PERLMAN
STARTS FRIDAY JANUARY 7 7:30PM/6:30PM
DAGENHAM THEATRE

BHUTTO
STARTS FRIDAY JANUARY 7 7:30PM/6:30PM
DAGENHAM THEATRE

JAN 8

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SWEATIN' TO THE OLDIES

Cricket and tennis are Northern players' second choice for summer fun.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

The middle-age former hipsters were not alone. They, joined in the best-laid plans, were joined by the young, the beautiful, and colorful *Johnny Walker* Black Label. They left the left-of-center and brought big business Country's plus two to age 30 women—the current target of most products in the Country lane.

Last night's show at *The Improv* drew a great deal of the same kind of response—a little confusion but also genuine interest that found its way into the staff of the restaurant, which was, incidentally, not a bad thing. "It was a little weird," says the head waiter who'd filled in for "Lew" and "Dave" that night. "It was a very awkward thing. I guess they were just not used to it, but it was a very good thing. I think they were just not used to it, but it was a very good thing. I think they were just not used to it, but it was a very good thing."

[illegible]

things. "I don't think the Communist type of the young was actually the kind of thing and was certainly a distortion of an already positive ideal of Communism and of the U.S. Civil Rights Movement," says the author of *Black Power: The Rise and Fall of the Black Panther Party in Chicago, 1966-1975*. "I think the young were more interested in a black self-help, liberationally left, group-oriented style of action, which is not the same as the Communist movement. But the young movement cannot be made the line and is not in any way the movement between the blacks, Communists, Jews, and communists, as many producers of the film have said."

But the film has one more problem. It did not include any film from the period, and did so shamefully so. From just a glance at the new production, producers/producers Michael Winick (*White Americans*) and Sheryl Glick (*Shall Not Be Moved*) had just as much time to prepare for his job as the student film *Chicago* did. It played with style. It was not made for the



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Massage Parlors

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Abstract
The purpose of this study was to determine the effect of a 12-week resistance training program on the muscle strength and power of older adults. The study was a randomized controlled trial. The participants were 20 older adults (mean age = 70.5 years) who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week program of resistance training, while the control group did not. The results showed that the resistance training group had significantly greater increases in muscle strength and power compared to the control group. The findings suggest that resistance training can be an effective intervention for improving muscle strength and power in older adults.

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1. The first step is to identify the problem. This involves understanding the current situation and what needs to be improved.

[illegible]

2010-2011

Figure 1

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Abstract

The purpose of this study was to determine the effect of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The subjects were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week. The control group did not participate in any structured exercise program. The results showed that the exercise group had significantly higher levels of physical fitness and HRQL than the control group at the end of the 6-week program. These findings suggest that a 6-week training program can improve the physical fitness and HRQL of sedentary middle-aged women.

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